

## **Embodied Emotions:**

### *Observations and Experiments in Architecture and Corporeality*

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## **Key-words**

Body (Human) – Architecture – Embodied Mind – Empathy - Performance Art

## **Abstract**

This paper described the research taken on the course of a PhD thesis which was dedicated to the topic of the relationship between the Body and Architecture, in particular in the contemporary “embodied mind” paradigm. The thesis makes an extensive theoretical review on the topic based on the study of the different ways that Architecture has accompanied the transformations that the views on the Body have acquired, thought the evolution and influence of different disciplines such as philosophy, technology, science, religion and art throughout Western history. Within this context, the thesis proposes a methodology based on performance arts which explores the use of embodied practices in design education. Such a methodology aimed to test how it is possible to influence dweller’s emotions through architectural space. The thesis argues that this can be achieved through a process of empathy between the dwellers’ body and the space. To prove its claim, the thesis presents a set of experiments done in the context of architectural teaching. The results of such experiments were evaluated by the analysis of video and photo documentation and by the data collected by emotion measurement tools (quantitative) and questionnaires (qualitative).

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